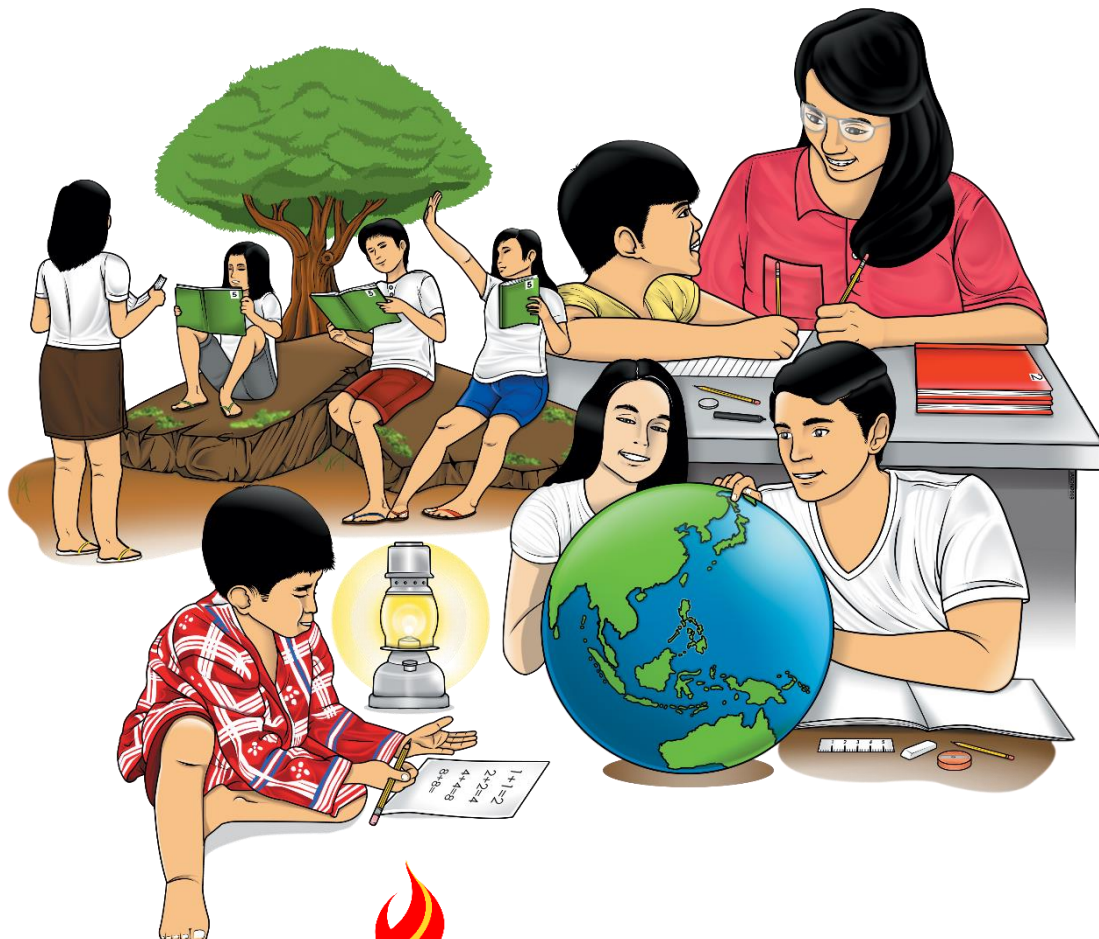


Health

Quarter 1 – Module 4: Health Appraisal and Screening Procedures



Health – Grade 7

Alternative Delivery Mode

Quarter 1 – Module 4: Health Appraisal and Screening Procedures

First Edition, 2020

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Health

Quarter 1 – Module 4: Health Appraisal and Screening Procedures

Introductory Message

For the facilitator:

Welcome to the **Health Grade 7** Alternative Delivery Mode (ADM) Module on **Health Appraisal and Screening Procedures**.

This module was collaboratively designed, developed and reviewed by educators both from public and private institutions to assist you, the teacher or facilitator in helping the learners meet the standards set by the K to 12 Curriculum while overcoming their personal, social, and economic constraints in schooling.

This learning resource hopes to engage the learners into guided and independent learning activities at their own pace and time. Furthermore, this also aims to help learners acquire the needed 21st century skills while taking into consideration their needs and circumstances.

As a facilitator, you are expected to orient the learners on how to use this module. You also need to keep track of the learners' progress while allowing them to manage their own learning. Furthermore, you are expected to encourage and assist the learners as they do the tasks included in the module.

For the learner:

Welcome to the **Health 7** Alternative Delivery Mode (ADM) Module on **Health Appraisal and Screening Procedures**.

The hand is one of the most symbolized part of the human body. It is often used to depict skill, action and purpose. Through our hands we may learn, create and accomplish. Hence, the hand in this learning resource signifies that you as a learner is capable and empowered to successfully achieve the relevant competencies and skills at your own pace and time. Your academic success lies in your own hands!

This module was designed to provide you with fun and meaningful opportunities for guided and independent learning at your own pace and time. You will be enabled to process the contents of the learning resource while being an active learner.

This module has the following parts and corresponding icons:



What I Need to Know

This will give you an idea of the skills or competencies you are expected to learn in the module.



What I Know

This part includes an activity that aims to check what you already know about the lesson to take. If you get all the answers correct (100%), you may decide to skip this module.



What's In

This is a brief drill or review to help you link the current lesson with the previous one.



What's New

In this portion, the new lesson will be introduced to you in various ways such as a story, a song, a poem, a problem opener, an activity or a situation.



What is It

This section provides a brief discussion of the lesson. This aims to help you discover and understand new concepts and skills.



What's More

This comprises activities for independent practice to solidify your understanding and skills of the topic. You may check the answers to the exercises using the Answer Key at the end of the module.



What I Have Learned

This includes questions or blank sentence/paragraph to be filled in to process what you learned from the lesson.



What I Can Do

This section provides an activity which will help you transfer your new knowledge or skill into real life situations or concerns.



Assessment

This is a task which aims to evaluate your level of mastery in achieving the learning competency.



Additional Activities

In this portion, another activity will be given to you to enrich your knowledge or skill of the lesson learned. This also tends retention of learned concepts.



Answer Key

This contains answers to all activities in the module.

At the end of this module you will also find:

References

This is a list of all sources used in developing this module.

The following are some reminders in using this module:

1. Use the module with care. Do not put unnecessary mark/s on any part of the module. Use a separate sheet of paper in answering the exercises.
2. Don't forget to answer *What I Know* before moving on to the other activities included in the module.
3. Read the instruction carefully before doing each task.
4. Observe honesty and integrity in doing the tasks and checking your answers.
5. Finish the task at hand before proceeding to the next.
6. Return this module to your teacher/facilitator once you are through with it.

If you encounter any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator. Always bear in mind that you are not alone.

We hope that through this material, you will experience meaningful learning and gain deep understanding of the relevant competencies. You can do it!



What I Need to Know

“Prevention is better than cure.”

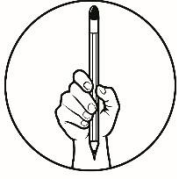
Our goal is to attain a holistic health. It could be achieved through monitoring your health status. Regular check-ups and screening tests are important to monitor health status. The school health personnel perform these check-ups and screening tests from the beginning onwards the end of the school year. As you go along, you will notice that the diseases or health condition you experience or encounter can be prevented. There are many concerns that need to be addressed but with the correct and adequate health information, positive attitude, healthy lifestyle practices and desirable coping skills will help in attaining and maintaining holistic health.

This module will give you the knowledge and information that you may use in your daily life. It focuses on the importance of health appraisal and on how to undergo the series of screening test because undergoing with these tests, helps you attain holistic health. You will be provided with a lot of activities that will test your prior knowledge and will help you understand more about health and test procedures.

Are you ready to learn more new things? Let's start!

The module focuses on this lesson:

- Lesson 7 – Growth and Development: Health Appraisal and Screening Procedures
- After going through this module, you are expected to:
- explain the proper health appraisal procedures. H7GD-Ii-j-22
- demonstrate health appraisal procedures during adolescence in order to achieve holistic health. H7GD-Ii-j-23



What I Know

A. Multiple choice

Directions: Write the letter of your answer in your activity notebook.

1. This test will inform you about your general health status.
 - A. Dental examination
 - B. Hearing test
 - C. Medical examination
 - D. Vision test
2. This test will inform you about your teeth and mouth condition.
 - A. Dental examination
 - B. Hearing test
 - C. Medical examination
 - D. Vision test
3. It is an abnormal curvature of the spine, which causes pain and affects growth. What condition is this?
 - A. Breast cancer
 - B. Malnutrition
 - C. Scoliosis
 - D. Spinal cord
4. This examination can help females check any abnormalities in their breast.
 - A. Breast-Self Examination
 - B. Dental examination
 - C. Medical examination
 - D. Scoliosis screening
5. It refers to the series of procedures that assess or determine the health status of students.
 - A. Health
 - B. Health appraisal
 - C. Health status
 - D. Physical fitness
6. The following are signs of scoliosis for doctor treatment EXCEPT one. Which one is it?
 - A. A hip appears higher or is more prominent than the other.
 - B. The entire body is leaning to side by side.
 - C. The rib cage is uneven.
 - D. The waist is uneven.

7. The following are personnel who conduct the screening test EXCEPT.
- A. Canteen manager
 - B. School dentist
 - C. School nurse
 - D. School physician
8. The following are procedures on breasts examination of female EXCEPT.
- A. While standing in front of a mirror with your hands pressing firmly down on your hips, look at your breasts for any changes of size, shape, contour, or dimpling, or redness of the nipple or breast skin.
 - B. Move around the breast in an up and down pattern starting at an imaginary line drawn straight down your side from the underarm and moving across the breast to the middle of the chest bone.
 - C. Lie down on your back and place your right arm behind your head.
 - D. A hip appears higher or is more prominent than the other.
9. Height taking: gives you an idea about your growth rate; Weight taking: Keeps you _____
- A. Aware if you are within your ideal weight at your age.
 - B. Informed of any dental problems.
 - C. Informed of your visual acuity.
 - D. Check unusual lumps.
10. The following signs should be referred to a doctor for treatment in scoliosis.
- A. The spinal cord alignment is appropriate.
 - B. The bone is dislocated.
 - C. The rib cage is uneven.
 - D. The rib cage is even.

B. Matching Type

Directions: Match the functions in column A with the screening test in column B. Write the letter that corresponds to your answer on the space provided before each number. Do this in your activity notebook.

Column A	Column B
1. Keeps you informed of any abnormal curvature of your spine.	A. Breast-Self examination
2. Checks unusual lumps.	B. Hearing test
3. Checks the ability to hear the loudness and pitch of the sound.	C. Height test
4. Keeps you informed of your visual perception.	D. Scoliosis test
5. Gives you an idea about your growth rate.	E. Vision test
	F. Weight test

After checking the correct answer, you may now rate your performance using the rubric below.

SCORE	DESCRIPTION
13-15	Very Good
8-12	Good
5-7	Fair
1-4	Needs Improvement

Lesson**1****Growth and Development:
Health Appraisal
And Screening Procedures**

This module introduces the screening procedures of scoliosis and the breast-self-examination that will help you attain holistic health.

Your teacher will help you clarify new terms and concepts. These questions will guide you.

- How many times do you visit your barangay health center?
- Do you go with your parents to attend the medical program in your barangay?
- Can you identify the medical tests that you had since you were in elementary grade?

***What's In***

From your previous lesson, you learned about the different coping skills. In this activity, you will be assessed if you still remember the different coping skills.

Directions: Write SSS on the blank if the item refers to support-seeking strategies, PPSS for positive problem-solving strategies, and PRS for positive- reframing strategies. Do this in your activity notebook.

1. Take a deep breath.
2. Look at the problem as a challenge.
3. Seek advice from responsible family members/relatives.
4. Talk to a friend who can do something about your problem.
5. Believe that you can do it.



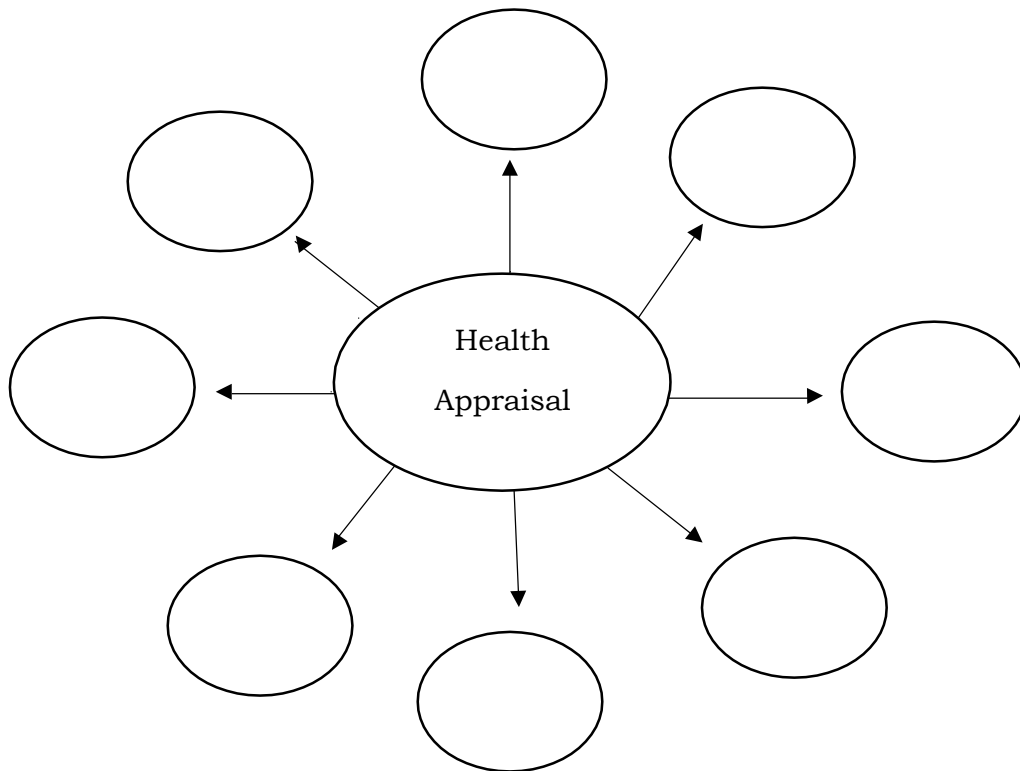
What's New

What is your score in the exercise? How is your score? Are all the coping strategies relevant to you?

After performing this activity, your prior knowledge about health appraisal will be assessed.

Activity 1: My Thought

Directions: Using a concept map, write the words that can be associated with “Health Appraisal” inside the circles. You may add more circles, if necessary. Do this in your activity notebook.



What aspects of your health appraisal do you think you should be most attentive to? Why do you think so?



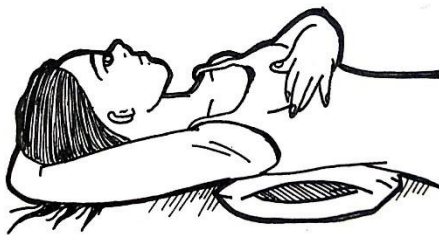
What is It

Health Appraisal and Screening Procedures

Health Appraisal are a series of procedures to assess or determine the health status of a learner. Screening for blood pressure is added to the routine tests for height, weight, vision, and hearing. Immunizations are also updated.

For girls, it is recommended to check your breasts for possible masses or lumps the moment you start menstruating. You should do this monthly, specifically one week after the onset of menstruation. You can do this while taking a shower or facing the mirror. This breast self-examination (BSE) can help females check any abnormalities that might need medical help. Remember, there are normal changes during and right before menstruation so it is better to perform BSE after menstruation. Develop the habit of doing BSE monthly.

How to examine your breast:



1. Lie down on your back and place your right arm behind your head. Use the finger pads of the middle fingers on your left hand to feel for lumps in the right breast. Use overlapping dime-sized circular motions of the fingers pads to feel the breast tissue.



2. Move around the breast in an up and down pattern starting at an imaginary line drawn straight down your side from the underarm and moving across the breast to the middle of the chest bone (sternum or breastbone).

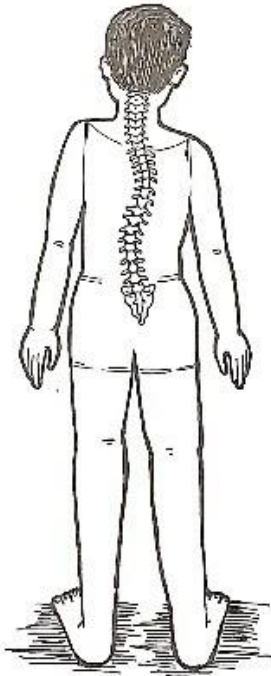


3. Repeat examination on your left breast, putting your left arm behind your head and using the finger pads of your hand to do the same.



4. While standing in front of a mirror with your hands pressing firmly down on your hips, look at your breasts for any changes in size, shape, contour, or dimpling, or redness of the nipple or breast skin.

Scoliosis Screening

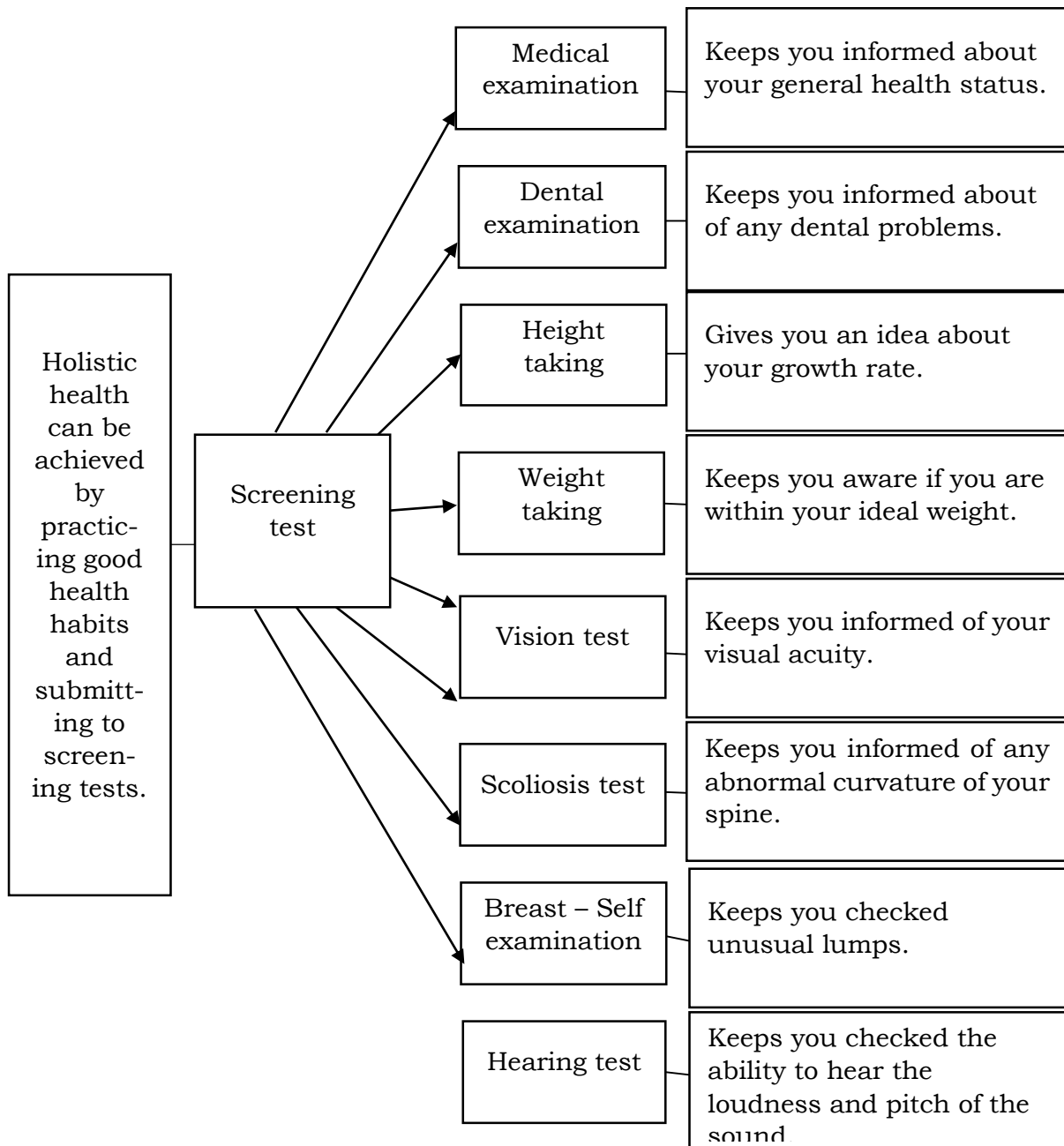


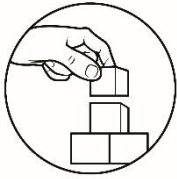
Scoliosis is a condition in which the spine curves to the side. It is an abnormal lateral or side- to-side curvature of the spine. This condition commonly develops during sudden brief of the growth of adolescents. It affects girls more often. This condition can be corrected if treated early before the bones have fully developed.

The following signs should be referred to a doctor for treatment:

- One of the shoulder blades is more prominent.
- The head is not aligned to the center of the pelvis.
- A hip appears higher or is more prominent than the other.
- The rib cage is uneven
- The waist is uneven
- The entire body is leaning to one side.

The graphic organizer below shows the importance of health appraisal/screening test in attaining holistic health.





What's More

Well, you have just read about Health Appraisal and Screening Procedures. The activity that follows will help you remember if you have undergone screening test before and if you have attained holistic health.

Activity 1: Smile Doc!

Directions: Put ☺ before each item if you have undergone the procedure listed below. Copy the table and answer in your activity notebook. Please answer each of the items honestly.

	1. Have you gone to a hospital/clinic/barangay center and been informed about your general health status?
	2. When you had a problem with your teeth, did you consult your dentist and was informed about your dental condition?
	3. Are you aware with your growth rate?
	4. Have you visited the hospital to consult the doctor about your spinal condition?
	5. Have you consulted a medical expert to test your ability to hear?
	6. Do you have an idea about your ideal weight appropriate to your age?

Answer the following questions to process the above activity.

1. How many items did you mark with a ? How many items you did not mark?
2. Where can you avail the needed screening test?
3. Based on the activity, what is the importance of screening test to our health?

Activity 2: Match It Up!

Directions: Match the different types of screening test inside the box with the picture below. Write your answer in your activity notebook.

Breast-Self examination

Hearing test

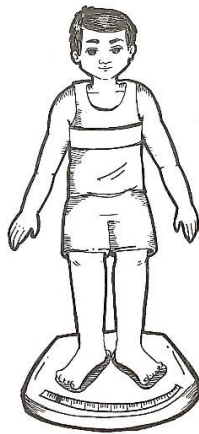
Height test

Scoliosis test

Vision test

Weight taking

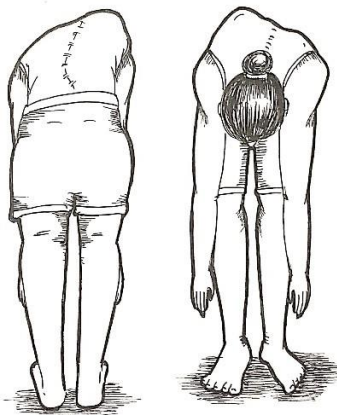
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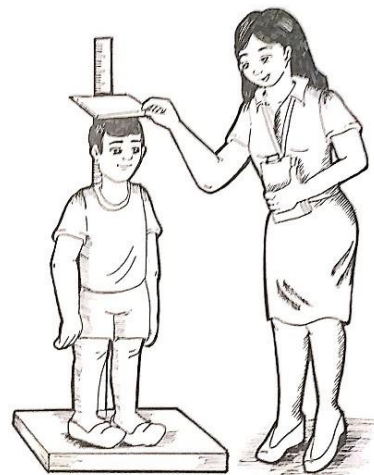
4.



2.



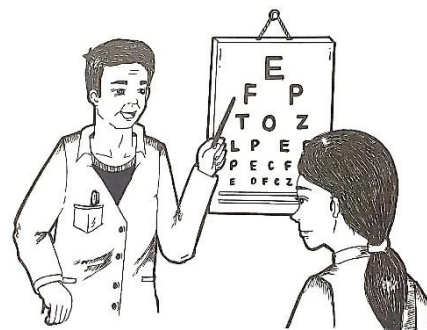
5.



3.



6.



Activity 3: I do it for you!

Directions: Write the function of each of the following screening tests. Follow the chart below. Number one is done for you. Write your answer in your activity notebook.

Screening Test	Function
1. Vision test	Keeps you informed of your visual perception.
2. Hearing test	
3. Breast-Self examination	
4. Weight taking	
5. Scoliosis test	



What I Have Learned

How are you? Did you understand the Health Appraisal and Screening Procedures? In this activity, you will be assessed based on what you have learned from this module.

Activity 1: Fill Me In!

Directions: Fill in the missing letters in the box to come up with the complete word or phrase. Write your answer in your activity notebook.

1. It is one way to attain one's holistic health condition.

S			E					G	-	T				S
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2. This test keeps you aware if you are within your ideal weight.

W			I			T	-	T		K				G
---	--	--	---	--	--	---	---	---	--	---	--	--	--	---

3. It is a series of procedures that assess or determine the health status of students.

H			L			-		P				I			L
---	--	--	---	--	--	---	--	---	--	--	--	---	--	--	---

4. It keeps you informed of any abnormal curvature of your spine.

	R				T	-	S			F	-	E			M				T			N
--	---	--	--	--	---	---	---	--	--	---	---	---	--	--	---	--	--	--	---	--	--	---

5. It is an examination that checks your breasts for possible masses or lumps the moment you start menstruating.

M				H		Y
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6. This test keeps you informed of your visual acuity.

V		S			N	-			S	T
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7. It is a condition in which the spine curves to the side.

S	C			I				S
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8. This test checks the ability to hear the loudness and pitch of the sound.

	E	A				G	-	T			T
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9. It keeps you informed of any abnormal curvature of your spine.

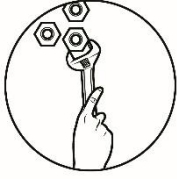
S			L			S		S	-		E	S	
----------	--	--	----------	--	--	----------	--	----------	---	--	----------	----------	--

10. This test informs you of your general health status.

M			I			L	-	E		A	
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Here is a rubric that best describes your achievement.

9-10	Very Good
6-8	Good
3-4	Fair
0-2	Needs Improvement



What I Can Do

In your daily encounter with life's changes, can you now identify the procedure to assess your health status?

This activity shows the importance of health appraisal and how to demonstrate procedures to achieve holistic health through visual art.

Activity 1: Showtime!

Directions: Have a creative illustration of at least three (3) screening test showing their importance in real life situations. Use short bond paper. Draw it in a landscape format.

A large, empty rectangular box with a black border, intended for a drawing in landscape format.A large, empty rectangular box with a black border, intended for a drawing in landscape format.A large, empty rectangular box with a black border, intended for a drawing in landscape format.



Assessment

A. Multiple choice

Directions: Write the letter of your answer in your activity notebook.

1. This test will inform you about your general health status.
 - A. Dental examination
 - B. Hearing test
 - C. Medical examination
 - D. Vision test
2. This test will inform you about your teeth and mouth condition.
 - A. Dental examination
 - B. Hearing test
 - C. Medical examination
 - D. Vision test
3. It is an abnormal curvature of the spine, which causes pain and affects growth. What condition is this?
 - A. Breast cancer
 - B. Malnutrition
 - C. Scoliosis
 - D. Spinal cord
4. This examination can help females check any abnormalities in their breast.
 - A. Breast-Self Examination
 - B. Dental examination
 - C. Medical examination
 - D. Scoliosis screening
5. It refers to the series of procedures that assess or determine the health status of students.
 - A. Health
 - B. Health appraisal
 - C. Health status
 - D. Physical fitness
6. The following are signs of scoliosis for doctor treatment EXCEPT one. Which one is it?
 - A. A hip appears higher or is more prominent than the other.
 - B. The entire body is leaning to side by side.
 - C. The rib cage is uneven.
 - D. The waist is uneven.

7. The following are personnel who conduct the screening test EXCEPT.
 - A. Canteen manager
 - B. School dentist
 - C. School nurse
 - D. School physician

8. The following are procedures on breasts examination of female EXCEPT.
 - A. While standing in front of a mirror with your hands pressing firmly down on your hips, look at your breasts for any changes of size, shape, contour, or dimpling, or redness of the nipple or breast skin.
 - B. Move around the breast in an up and down pattern starting at an imaginary line drawn straight down your side from the underarm and moving across the breast to the middle of the chest bone.
 - C. Lie down on your back and place your right arm behind your head.
 - D. A hip appears higher or is more prominent than the other.

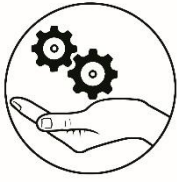
9. Height taking: gives you an idea about your growth rate; Weight taking: Keeps you _____.
 - A. Aware if you are within your ideal weight at your age.
 - B. Informed of any dental problems.
 - C. Informed of your visual acuity.
 - D. Check unusual lumps.

10. The following signs should be referred to a doctor for treatment in scoliosis.
 - A. The spinal cord alignment is appropriate.
 - B. The bone is dislocated.
 - C. The rib cage is uneven.
 - D. The rib cage is even.

B. Matching Type

Directions: Match the functions in column A with the screening test in column B. Write the letter that corresponds to your answer on the space provided before each number. Do this in your activity notebook.

Column A	Column B
1. Keeps you informed of any abnormal curvature of your spine.	A. Breast-Self examination
2. Checks unusual lumps.	B. Hearing test
3. Checks the ability to hear the loudness and pitch of the sound.	C. Height test
4. Keeps you informed of your visual perception.	D. Scoliosis test
5. Gives you an idea about your growth rate.	E. Vision test
	F. Weight test



Additional Activities

Let us strengthen more your understanding of the health appraisal and screening procedures. Do these.

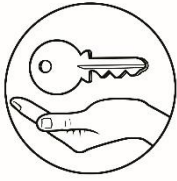
Activity 1: Say something

A. Directions: Supply the following phrases with thoughts based on what you have learned to complete the idea. Write your answer in your activity notebook.

1. I believe that health _____.
2. To attain holistic health, I must _____.
3. I will visit the hospital or health center because _____.

B. Directions: Based on your understanding of the lesson, write 2-3 sentences to answer the following questions in your activity notebook.

1. What will happen if you will not monitor your health status?
2. How will you identify a person who has attained holistic health?
3. Why are these different medical tests important?
4. What will you say to a person especially teenagers who did not consult a medical personnel or visit the hospital for regular health condition check- up?



Answer Key

<p>What I Have Learned</p> <p>Activity 1: Fill Me In</p> <ol style="list-style-type: none"> Screening tests Weight taking Health appraisal Breast – self Examination Monthly Vision test Scoliosis Hearing test\ 	<p>What's more</p> <p>Activity 3: I do it for You!</p> <ol style="list-style-type: none"> It keeps informed the visual acuity. It checks of the ability to hear the loudness and pitch of the sound. It checks the abnormal condition of the breast. It checks
<p>What's More</p> <p>Activity 2: Match it up!</p> <ol style="list-style-type: none"> Weight test Scoliosis test Hearing test Breast – self examination Height test Vision test 	<p>What's In</p> <ol style="list-style-type: none"> PRS PSS SSS SSS PRS
	<p>Assessment</p> <ol style="list-style-type: none"> Multiple choice Matching Type <ol style="list-style-type: none"> C A C A B B A D A C

References

Department of Education. Physical Education and Health Teacher's Guide. Pasig City: Department of Education, 2017.

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